

WORK RELATED STRESS AND DEPRESSION

Gyöngyvér Salavecz, Adrienne Stauder, György Purebl

Abstract:

Aims: Depression is leading cause of workplace disability. We analysed in a representative sample work stress related to depression. **Methods:** We used as samples the Hungarostudy 2006 and 2013 which were representative of the Hungarian adult population according to gender, age groups, education and type of settlement. In the Hungarostudy 2006 survey 2263 active workers completed structured interviews; there were 973 active workers in Hungarostudy 2013. Work stress was measured with the Siegrist Effort-reward imbalance (ERI) and overcommitment (OC) questionnaire; depression with the Beck Depression Inventory (BDI). We used as further measurements job insecurity, workplace social support and demographic data. **Results:** The prevalence of high ERI (above 1) increased from 18,3% (2006) to 28,6% (2013) in the Hungarian working population. OC and other work stress factors showed similar increase from 2006 to 2013. People with high ERI in 2006 had 3,1 times higher risk of higher rate of elevated depressive symptoms (BDI 10 or more), in 2013 the OR increased to 6 ($p<0,05$). Low job security, overcommitment, low social support were also predictors of higher BDI in 2006 and in 2013. **Discussion:** We observe increase in work stress in when compared 2006 and 2013 Hungarostudy data. Our results confirm that work related stressors significantly contribute to the manifestation of depressive symptoms. These results draw attention to the need of importance of implementation of stress management programs to prevent depression among active workers.